

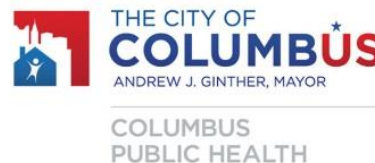
A photograph of a baby being held by a man, with the text 'Happy Dads. Healthy Babies.' overlaid in white.

Happy Dads. Healthy Babies.

Infant Vitality Toolkit

Dad's Role in Breastfeeding

Breast For Success by Ohio Practitioners' Network for Fathers and Families

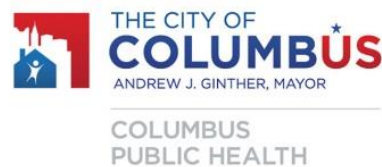


Agenda

- Test Your Knowledge – Pre Test
- Breast for Success for Fathers – Part I
- Breast for Success for Fathers – Part II
- Test Your Knowledge – Post Test



Pre-Test



Question 1

Which of the following is a benefit of breastmilk?

- A. Breastmilk is easy for babies to digest
- B. Breastmilk contains antibodies to help fight infections
- C. Breastmilk contains special ingredients to promote brain growth
- D. All of the above

Question 2

Which of these are signs that your baby is hungry?

- A. Sucking on their hands, lips, or tongue
- B. Stretching or increasing motion
- C. Crying or turning red
- D. All of the above

Question 3

True or False: Dads who know about breastfeeding, give encouragement, and who are positive and supportive about breastfeeding improve mom's breastfeeding success.

A. True

B. False

Question 4

How can dads help with breastfeeding?

- A. Help with housework and cooking
- B. When mom is breastfeeding, help her feel comfortable and relaxed
- C. If you see baby searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding
- D. All of the above

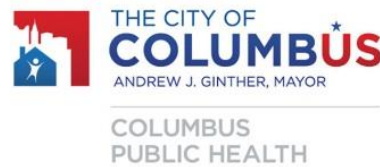
Question 5

How can dads bond with their breastfed baby?

- A. Cuddle baby skin-to-skin
- B. Talk, sit, sing, rock, read to, burp, or diaper the baby
- C. Make time for just him and baby
- D. All of the above



Part I



Breast for Success for Fathers – Part I



Curriculum Training
Recorded Webinar:

<https://fccdl.in/WYeY6d6NdX>

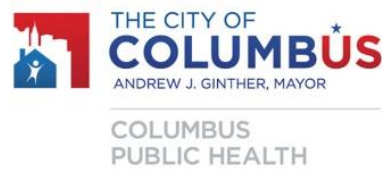
Source: Ohio Practitioners' Network for Fathers and Families,
New Beginnings for New Fathers Training Materials,
https://opnff.net/nbnf_training.asp

PART I

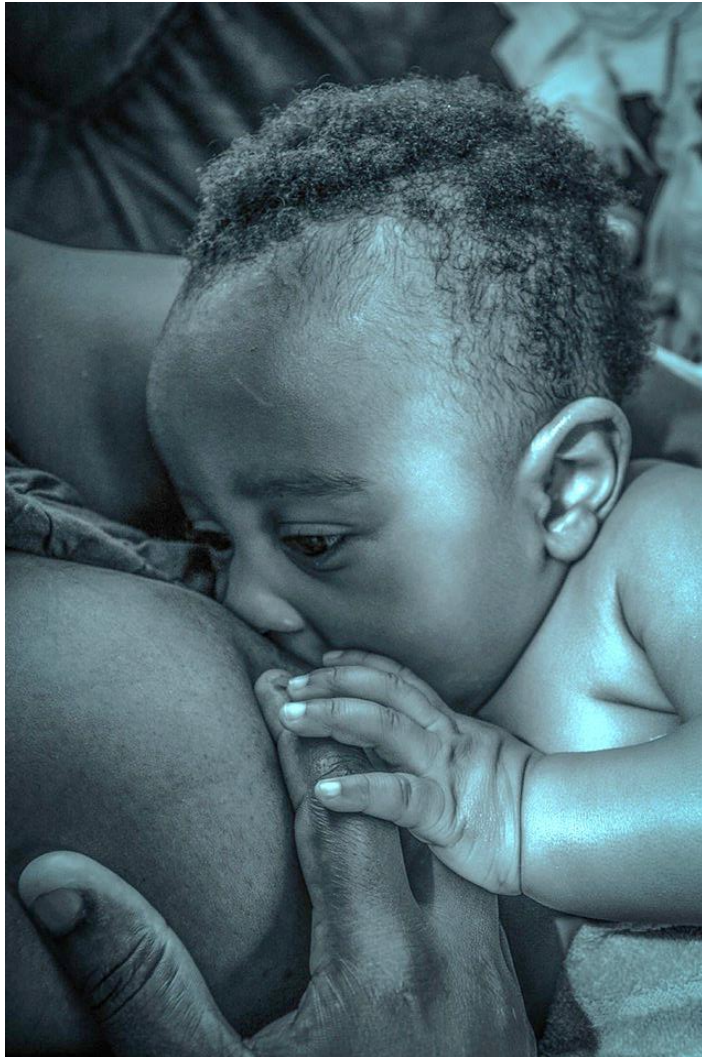
GROUP DISCUSSION



Part II



Breast for Success for Fathers – Part II



Curriculum Training
Recorded Webinar:

<https://fccdl.in/7nJwAq2hcK>

Source: Ohio Practitioners' Network for Fathers and Families,
New Beginnings for New Fathers Training Materials,
https://opnff.net/nbnf_training.asp

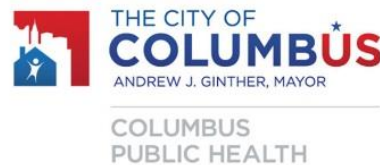
PART II
WEBINAR & HANDOUT
DISCUSSION



QUESTIONS



Post-Test



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Additional Information

- Ohio Practitioners' Network for Fathers and Families
https://opnff.net/nbnf_training.asp
- Ohio Commission on Fatherhood
<https://fatherhood.ohio.gov/>

Local Resource

Dads2B Program by
Turnkey Development Institute
<https://www.turnkeydvi.org/>

